







Get moving, stay active!

Keeping kids active every day is one of the best ways to support their health, happiness, and learning. Regular physical activity helps children build strong bones and muscles, improve coordination, and even boost their focus in the classroom.

Primary school-aged children should aim for at least 60 minutes of active play each day. This could be running, jumping, dancing, or even a bike ride to school!

Easy ways to get kids moving:

-  Make it fun – Play a game of tag, kick a ball, or dance to their favourite song.
-  Use active transport – Walk, scoot, or ride to school instead of driving when possible.
-  Limit screen time – Swap some screen time for outdoor play or a fun family activity.
-  Be a role model – Join in and be active together!



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Local Health District

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Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.